Best stretches (generally) to do before and after riding a bicycle for 1 hour (also other ones that are the most appropriate for my physical disabilities and setbacks, i.e. scapular winging, sharp stabbing pain in the nerve that is located in my left lower back, ankle weakness, shoulder forward tilt, scoliosis [my left shoulder is higher than my right, meaning my pelvis is tilting to my right side])

Below is a simple, safe, and disability-aware mobility protocol for before and after a 1-hour bike ride — designed around your specific constraints:

Forward-tilted shoulders & scapular winging

Sharp nerve pain left lower back (likely L4/L5 or QL/piriformis involvement)

Ankle weakness from childhood inversion sprain

Scoliosis & pelvic tilt (left shoulder higher, pelvis tilts right)

Thoracic immobility

Nothing here should jam your spine, load your shoulders, or aggravate the ankle.

 PRE-RIDE (5–7 minutes)

Goal: Wake up stabilizers, open hips, reduce nerve compression risk, prep ankle; not deep stretching.

---

1) Cat-Cow (spine wake-up) — 45 seconds

Gentle, slow.

Focus especially on lifting your sternum in the “cow” to counter your shoulder tilt & thoracic stiffness.

Why: Frees thoracic spine and reduces low-back nerve irritation before riding.

---

2) Thoracic “Swims” (scapula control) — 30 seconds per arm

Stand tall, arm straight down.

Make a slow big circle with your arm, but focus on pulling the shoulder blade back and down

instead of shrugging.

Why: Engages lower traps & serratus to stop scapular winging from worsening on the handlebars.

---

3) QL Side Glides (pelvic-tilt balancer) — 40 seconds each side

Stand next to a wall.

Shift your ribcage sideways (NOT leaning), like sliding your body between two boards.

Emphasize the left side to decompress the nerve-pinched area.

Why: Helps scoliosis-related compression and reduces the “sharp left nerve pain” risk during riding.

---

4) Hip Opener — "World’s Easiest Lunge" — 30 seconds each side

Hands on thigh, very shallow lunge.

Keep your pelvis level; don’t push deep.

Why: Unlocks hip flexors so your low back doesn’t take the load during cycling.

---

5) Ankle Mobility — Dorsiflexion Rocks — 1 minute

Stand or kneel, drive knee forward over toes, light pressure, no pain.

Why: Prepares your weak ankle for circular pedaling motion.

---

6) Shoulder-Blade Depression Priming — 30 seconds

Stand tall, gently pull shoulders down and slightly back.

10 slow reps of “down and back” (not pinching hard).

Why: Keeps you from collapsing into the bars (protects winging + forward tilt).

 POST-RIDE (7–10 minutes)

Goal: Decompress lower back, calm the nerve line, lengthen hip flexors, unwind shoulders, restore ankle.

---

1) Supine Figure-4 (piriformis/nerve glute) — 45–60 seconds per side

Don’t yank the knee — keep it mild.

Why: Reduces stabbing nerve irritation that radiates from left lower back.

---

2) Modified Child’s Pose With Side Reach — 1 minute

Knees apart, arms forward, then walk hands to the right (to stretch your left lower back QL).

Why: Directly decompresses the tilted side of your spine (your left).

---

3) Hip Flexor Stretch (couch stretch but gentle) — 30–45 seconds per side

Keep ribs down so it doesn't jam your low back.

Why: Cycling shortens hip flexors and worsens pelvic tilt.

---

4) Thoracic Doorway Stretch (low angle) — 30 seconds

Elbow at your side, forearm on doorframe, step forward gently.

Why: Targets forward-tilt without elevating shoulders (safe for winging).

---

5) Ankle Inversion/Eversion Stretch — 1 minute

Sit, loop a band around your foot or use your hand.

Move ankle outward and inward lightly.

Why: Keeps the old injury from stiffening after riding.

---

6) Neck-to-Rib Breathing Stretch — 1 minute

4-second nasal inhale, 6-second exhale, ribs down.

Lightly lengthen the side of the neck that feels compressed (likely the left).

Why: Cycling position can worsen scoliosis-related neck tension.

 BONUS: 2 Critical Exercises You Should Add on Non-Bike Days

These specifically match your disabilities:

---

1) “Y-Wall Slides” (scapular winging fix) — 2 sets of 8 reps

Back and arms against a wall, slide up in a Y shape, keep ribs down.

Builds serratus + lower traps without aggravating shoulders.

---

2) Ankle Alphabet (for chronic sprain recovery) — 2 times per day

Trace the alphabet with your toes.

Don’t tense the shin; keep it fluid.

Restores full foot control you’ll need for footwork and stability.

 If You Want, I Can…

create a 1-page printable protocol

customize the routine to avoid all pain triggers

add a special “nerve-pain emergency cool-down”

build a weekly mobility plan that pairs with your boxing & daily life

Just tell me what format you prefer.